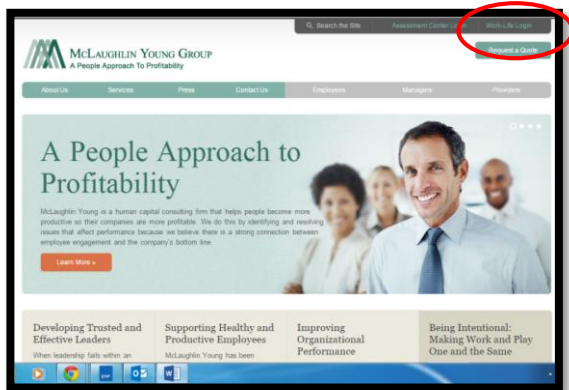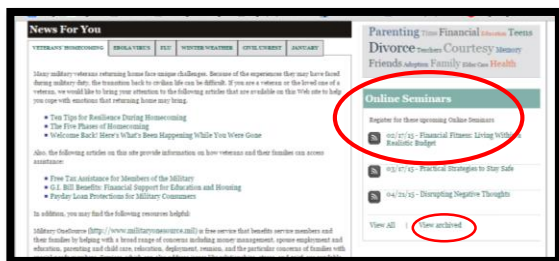# NC EAP – Online Seminar Access Instructions

From the home page:
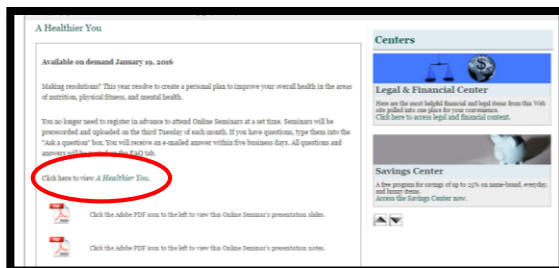Select: Work-Life Login

Type: Your Agency specific Username and Password

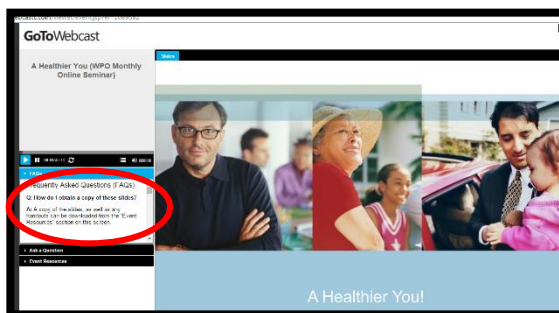Once you have logged in, scroll down until you see the Online Seminar section.

Click on the date appropriate seminar for which you want to review or select "View archived" to see previous seminars.

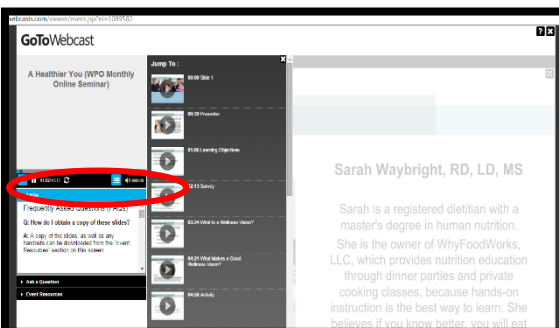(Future seminars and their release dates are also listed here.)

Once you have selected your seminar, you are able to "Click" to hear and view the program. You may also use the PDF icons to view transcripts, slides, and attachments for the program.

The next screen allows you to type in your email so that you can receive emails to your questions and a certificate of completion.

The seminar will automatically start for you. You may send questions and view event resources during the program.

You may also forward, pause, and "jump" to another section via these buttons. (The jump is helpful if you were not able to complete the seminar in one sitting.)

Questions?   Please call: 888-298-3907

McLaughlin Young Group
Employee Assistance Program